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T H E

CURABILITY OF CONSUMPTION DEMONSTRATED,

AND THE

APPLICABILITY OF THE CELEBRATED REMEDIES

OF

JULIUS LOBETHAL, M. D., OF BRESLAU, PRUSSIA,

FULLY ESTABLISHED, AND PARTICULARLY ELUCIDATED TO PHYSICIANS.

BY

C. C. SCHIEFERDECKER, M. D.,

NEW YORK CITY,

933 Broadway, between 21st and 22d Streets.

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P R E F A C E.

The undersigned, during a visit to Europe, in 1857, was so astonished by cures of advanced cases of Consumption effected by the use of the *Essentia Antiphthisica Lobethalii*, that he continued his investigations upon the action of the remedy until he was perfectly satisfied that in many, *very many* cases, the *Essentia Antiphthisica* possessed an efficient and even specific healing power upon those afflicted with that dread disease. But as, for twenty years, he had been accustomed to treat and cure all diseases without the use of any drug whatever, his decisions were slowly and cautiously given in favor of Dr. Lobethal's method of treating Consumption and its allied diseases. The array of facts and cases was irresistible; and he finally became exceedingly anxious to be an instrument in extending the use of the remedy. He even became so far interested as to obtain from the discoverer the right of introducing it into the practice in America,—a right which, to the Doctor's honor be it published, he would grant to none but physicians.

After the return of the undersigned to the United States, the introduction of the *Antiphthisica* to the attention of physicians and the public was delayed for various reasons.

First,—He did not wish to advocate its use in this country until well assured that it lost none of its virtues from the action of time or transportation, nor until he had satisfactorily determined that it was as potent to cure on the Western, as it had been proved to be on the Eastern Continent.

Secondly,—He desired the aid of other physicians in testing the virtues of the *Antiphthisica*, and he awaited their favorable decision.

Thirdly,—He felt a repugnance to publicly declaring himself to be an advocate for the use of any medicine whatever. He scarcely dared even yet to face the cry of "Empiric!" which the hasty and injudicious would be inclined to make without a hearing or an examination; but a sincere

desire to benefit his fellow-men, and, above all, to aid those who most require assistance—the consumptively inclined and afflicted—to whom neither science nor empiricism had heretofore been able to extend more than a temporarily helping hand, or to excite, in the majority of cases, more than a delusive hope of cure—these considerations have at last prevailed; and he now dares to offer his reputation as a physician, if needs be, (though it is a structure which took twenty-five active and irrecoverable years to build,) and, with that reputation, all that remains of life, he dares to offer as a sacrifice upon the altar of humanity, rather than that a great truth should remain untold, or that it should perish for the want of a supporter.

Even a fourth reason has contributed to delay his expression in favor of Doctor Lobethal's method of cure. The cause of the Water Cure, to which he had devoted nearly the whole of his manhood, was still dear to him. The remembrance of all his struggles since founding the Water Cure in America in 1840; the memory of Priessnitz, his old preceptor and savior; and retrospection through a life that had been pledged again and again to continue, sustain, and end the work that so noble a master had given him to do—all these have had their paralyzing influence upon the step that is now taken, and taken only after reflection during more than four years. One course was determined upon. His labors in the Water Cure should not cease during his life, until he met a physician whom he believed to be worthy of bearing the commission about to be resigned, and fit to wear the mantle that Priessnitz had bestowed.

Having at last met such a physician, who is also willing to assume the labors of the field which may be abandoned by the undersigned, he has concluded, sooner or later, to leave the hydriatic work to another, and to limit his own practice to the cure of Consumption and its kindred complaints.

The attention of physicians of every school is earnestly called to the facts contained in this pamphlet, which attest the unparalleled healing virtues of the *Essentia Antiphthisica* in Consumption and Catarrhs. The countenance of the scientific and intelligent of their number, is confidently expected to result from an impartial investigation of the merits of the case.

C. C. SCHIEFERDECKER, M. D.,

Office, 933 Broadway, South of 22d St.

CONSUMPTION CURABLE.

INTRODUCTORY REMARKS.

The desire for prolonging life and the hope of recovery, which distinguish the sufferers from pulmonary consumption, prompt them to be continually testing some reputed cure of the disease. If approved and safe remedies are not at hand, they will use untried and injurious ones. They prefer to risk doing something wrong rather than do nothing. In order to guide aright the instinctive promptings for self-preservation for such as are yet in the curative stages of this fell disease, the following treatise has been prepared, the aim of which is first, to demonstrate that tubercular consumption of the lungs is a curable disease; and secondly, partially to explain the means by which it can be cured.

When we daily see the most valuable lives sink into premature graves, as victims to this scourge, we can neither wonder at the wide-spread impression of the utter inefficiency of all medical help in consumption, nor at the wild and indiscriminate grasping after every advertised nostrum. And yet many a life might easily be saved, if the first symptoms, (be they the consequence either of inherited consumption or of acquired tendency to it), which so frequently are overlooked on account of the absence of pain and non-interruption of the general health, were not neglected or not speedily aggravated by improper treatment.

During more than twenty years, in which Dr. Lobethal, of Breslau, has made the treatment and cure of tubercular consumption and chronic catarrhal affections, his speciality, his method and *Essentia Antiphthisica* have gained acknowledgment and authority. Although there are many physicians who accuse him of selfishness, because he is unwilling to make known one of the efficient ingredients (some organic matter) in this medicine, and oppose him on that account, there are, on the other side, many

eminent practitioners who exhibit, with grateful satisfaction, this singularly effective remedy.

The time has passed long ago when consumption was considered unconditionally incurable; yet there are some physicians who will suspect him to be a quack who asserts the curability of persons suffering from tubercles already developed. Medical science has made most wonderful progress in the diagnosis of lung-diseases, but confines itself to the accurate exposition of the local affections by auscultation, microscopic investigations, and chemical analysis, without providing the remedy against that evil which hurries millions of most valuable lives to an early grave. It is a sorrowful fact, that, of the usually applied means against lung tubercles, neither periodical bleedings, nor the different narcotics, as, digitalis, conium, cannabis, and others, nor the different mineral-waters, nor the hypo-phosphates, nor the thousand other great or small remedies, have any invariable and desirable effect on the disease whatever; and that physicians, in despair, take refuge in opium, morphine, and similar palliatives. The few cases in which cod-liver oil and iodine have been of salutary effect, are too rare, and the result is too insufficient to hold them up as satisfactory.

AUTHORITIES WHO ASSERT THE CURABILITY OF CONSUMPTION.

Andral, Louis, and others, by facts brought to light in dissection, have shown unquestionably, not only, that tubercles in the progress of formation can be absorbed by an increased activity of the body, but also, that even in positively developed tubercular phthisis, a certain cure can be effected. Nature has sometimes been able to shut the ulcerated tubercular cavity by surrounding it with a sack, and to remove it by incrustation and slow elimination. Dr. Valleix in his work "Arch. Gén. de Médec." 1841, says:

"It is impossible to deny the fact, that pulmonary consumption is in certain cases arrested in its progress, and can even be healed. Numerous and accurate observations teach, that this is done either by the transformation of tubercles into a chalky matter, or by cicatrization of the tubercular cavity." "Experience proves, that this disease can stand still, and health be restored by the healing power of Nature alone without the application of any medical remedy."

Carswell assures us, that

"Pathological Anatomy has never offered more satisfactory proof of the curability of a disease than it has that of tubercular consumption."

Rokitansky, in his Pathological Anatomy, Vol. II., p. 148, says :

"TUBERCULAR LUNG-PHTHISIS IS CURABLE BEYOND A DOUBT ; frequent observations on corpses prove it.—The conditions under which Nature accomplishes such cures, must be the sacred object of investigation by the sincerely earnest physician, who must base his treatment upon a truly rational foundation, which will then produce a happier result, inasmuch as it will not be directed against the local tubercular affection alone, but against the tuberculosis or disease in general, which is the spring or fountain that feeds the local disease. The tubercular lung-consumption can only, then, really heal when the general diseased diathesis of the body, as well as the local diseased expression, is extirpated. Indisputable facts show, that under such circumstances, the pulmonary ulcer really heals in various ways."

To this is added, on page 143 :

"The lung-tubercles can heal by elimination of the tubercle by phthisis itself; but the other two metamorphoses, by *chalkification* or by *obsoletion*, produce a more direct healing process. One as well as the other takes place under the same favorable conditions, and both can generally be found in the same individual, because there are cellulo-fibrous caverns, their cicatrices chalkified and obsolete tubercles beside each other. All are usually surrounded by an obsolete parenchym, soaked or steeped in a black pigment."

But it is unnecessary to multiply quotations. It will be sufficient to give the great names of some who advocate the absolute curability of tubercular phthisis. The list of such daily increases, though already it embraces Maddoc, Cormak, Wylimann, Salvadori, Read, Mudge, Beddoes, Pearson, Forbes, Coxe, Hastings, Copland, Corrigan, Judd, Thomas, Wilson, H. Herb, Southey, Chas. Pears, J. Murray, Scudamore, Harwade, Eliotson, Morton, Eagle, Thompson, Withering, Gardner, Burton, Ryan, Baron, Smythe, Davidson, Clark, Jos. Bell, Ramadge, Walshe, Carswell, Lizzars, Prus, Flood, Cook, James, John, Evans, James Clarke, Crichton, Roe, Arnott, Buxton, Gilbert, Carstan, Botton, Bennet, Cotton, Quain, Bowie, Duncan, Green, Spencer, Wells, Portal, Pringle, Quarin, Baumés, Collin, Regnault, Jannet de Longrois, Pouteau, Boissiau, Rogée Beau, Laennec, Louis, Jolly, Andral, Gavarret Bequerel, Rodier, Rilliet, Bartez, Lombard, Petrequin, Billiard, Valleix, Boudet, Cruveilhier, Roche, Gendrin, Cotterau, Gordon, Baudet, Carson, Pierry, Musizzano, Lamare, Fournet, Paris, Latour, Hervieux, Riffard, Peters, Alamie-Carzenac, P. Chenau, Pereira de Bordeau, Sales-Girons, Al. Meyer, Trouseau, Dupasquier, Michea, Guillot, Quesneville, Le Couppey, Chartroule, Champouillon, Herpin, De la Harpe, Durand-Fardel, Pouget, Pravaz, Luigi Parola, J. L. C. Schroeder, Van der Kolk, and others.

A position maintained by so many good authorities, can scarcely be otherwise than founded on truth, and the number of cases upon which their belief rests, must at least be sufficient to establish the fact as unquestionable, that many consumptives have been cured. Before discussing the various methods of cure, it will be well to glance at phthisis in its physiological and pathological aspects.

PHYSIOLOGICAL DEFECTS OF CONSUMPTIVES.

The investigations of Scharlau have determined that there exists *in all cases of scrofulosis and tuberculosis a diseased mixture of the fluids of the body*; that there appear a PERCEPTEBLE SUPERFLUITY OF ALBUMEN AND A DECIDED WANT OF SALTS IN THE BLOOD; *that in the same ratio as the tubercular disease increases, the salts of the blood are more and more separated from the albumen*; and finally, *that the animal albumen, separated from the salts, can not remain in the blood properly dissolved, but is deposited as tubercular matter anywhere, principally between the air-cells of the lungs.*

Every analysis of tubercles shows these results, and they therefore must guide our steps in the rational treatment of tubercular diseases.

Dr. Bischof, Baron de Altenstern, contends also, that

"THE BLOOD IS THE ONLY SOURCE OF tubercular deposit and formation, that the serum of the blood contains a considerable amount of albumen, which should be kept dissolved by a proper admixture of salts. Whenever these salts exist in too small a quantity, the proper condition and mixture of the blood are changed, the albumen is not kept in solution, but curdles, and forms a precipitate of a coagulated semi-pellucid matter which is deposited wherever it can be, particularly in the lungs, which are the most prominent purifiers of the blood."

"Among dietetic articles, milk and whey are, therefore, the best adapted to supply what is wanted, namely, the salts in the blood."

These being the conditions peculiar to tubercular diseases of the lungs, it will next be interesting to observe the various methods adopted by physicians to restore healthy conditions, and to dissipate the tendency to tubercular deposits.

EFFORTS TO CURE THE PHYSIOLOGICAL DEFECTS OF CONSUMPTIVES.

In their efforts to cure consumption, medical men have usually aimed at discovering,

1. *An atmospheric remedy against a disease which finds its most fruitful source in atmospheric conditions; and*
2. *A specific internal remedy.*

How far they have succeeded in both these aims, will be shown in the paragraphs which immediately follow.

For the cure of diseased respiratory organs, the inhalation of a *proper atmosphere* is essential; and no atmosphere is more adapted than one which is subject to the *least possible changes in temperature*, and which *contains less oxygen and more hydrogen*.

Even in the earliest times people had come to the conclusion that it would be necessary to remove those who suffered from affections of the respiratory organs, to a more favorable atmosphere, if they had contracted their troubles by living in an unhealthy region. It was natural to try to restore a patient who had acquired pulmonary difficulties in a *moist, damp, and cold air*, by sending him where he might enjoy a *purer, dryer, and warmer atmosphere*.

After other experiments had again and again failed, people returned always to this expedient; and it is, no doubt, of the highest importance, to arrest, even temporarily, by the *direct introduction of proper agents into the diseased parts*, an evil which has baffled every other means, even if by it a perfect cure of the fountain of the trouble can not be attained. The history of medicine here shows a most singularly confused mass of experiments, every one of which has proved itself untenable, and led continually to new ones. At all times there have been many physicians who considered the removal of patients into a *warmer climate* unconditionally necessary for the cure of consumption; and they have been sent, therefore, to Italy, Cuba, Florida, Madeira, Egypt, &c. Beddoes recommends the confinement of a patient to an evenly warmed and well ventilated room. It can not be denied, that an even temperature and a pure atmosphere must exert, to a certain extent, a very soothing and beneficial influence upon weak lungs; since the equality of the temperature, and the entire absence of all irritation from colder air, will protect the suffering organs from inflammatory excitement, but it cannot heal an already diseased lung.

The opposite practice of exposing lung diseased patients indiscriminately, to a higher mountain air, is based upon a misconception of the nature of phthisis, compared with other somewhat similar forms of affections of the respiratory organs. A patient suffering from tubercular lung disease, will soon experience the fact that he feels less well in a pure, dry, cool, elevated,

mountain air, than in the softer, warmer, lower atmosphere of the valley. Consumptives are often troubled, in the mountains to which they are sent for their restoration, with spitting of blood, feel better when it rains, and decidedly worse in dry heat. On the other hand, a person afflicted with symptoms similar to tubercular consumption, in consequence of long continued irritation and debility of the mucous membranes, will find the dry and invigorating air of a high mountain very beneficial.

The experiment of making lung patients stay for some length of time in and above cow-stables was well known before chemistry was able to analyze and produce vapors and gases. Read, in his "Essai sur les Effets salutaires du Séjour des Étables dans la Phthisis," highly recommends this procedure. Another evidence of the conviction that the lungs themselves should directly be influenced, is the loud praise bestowed upon the walking of consumptives behind the plough in newly ploughed ground in spring. Hufeland (Journ., vol. I., p 386), enumerates extraordinary results from this experiment. Withering and Pearson consider that a long and often repeated stay in the meat-houses of butchers has a most desirable effect.

A far larger field was opened to experiments with vapors and gases by the discovery of the various elements of atmospheric air. All sorts of experiments were made.

Oxygen particularly attracted the attention of the practitioner, inasmuch as, besides being the main atmospheric supporter of our existence, it was also naturally thought to contain the most potent elements for the cure of consumption. But experience soon showed that the inhalation of atmospheric air containing a superabundance of oxygen, not only acted unfavorably in consumption, without the proper admixture of *nitrogen*, but was positively destructive. We may frequently observe that, in the different seasons, particularly in winter, too great an amount of oxygen in the air originates lung-diseases, and that, in tropical regions, where consumptives feel better, more carbonic acid is in the air than in other regions. Every artificial combination of gases, such as Beddoes, Girtanner and others proposed and tried, have not led to a more satisfactory result. The same thing may be affirmed of vapors of lunar-caustic, vinegar, nitre, &c.

From all these experiments nothing more has been established than the fact, that for lung-sufferers only that atmosphere is wholesome, in which *hydrogen and nitrogen predominate*. The *sea-air* answers these requirements most fully, and has a double value, as it is not only *poor in oxygen* and *comparatively rich in nitrogen*, and therefore *always moist*; but also it is the *most appropriate air* on account of the salt particles contained in it. Suf-

ferers from diseases of the respiratory organs have always experienced on board ships or on the sea-coast the salutary effect of this air. The *sea-air* contains (according to chemical analysis) very fine salt-particles, chlorine, iodine, and bromine, freed from their original connection, besides ozone and many exhalations from animal bodies and plants.

Yet the sea-air alone does not produce this happy effect on consumptives more than every other atmosphere impregnated with saline particles ; the air, for example, near salt-works, shows the same salutary influence. In consequence of this, huts have been built in the neighborhood of large salt-works for the reception of lung-sufferers, and these establishments have been called *lung-baths*. The sojourn in these localities has shown itself wonderfully healing in cases of irritability of the lungs, in tubercular and serofulous diseases, and in such affections as are frequently the result of badly managed cases of measles and scarlet-fever.

This beneficial effect, which clearly belongs specifically to salts, is founded so entirely in their nature that every element found in the sea, as chlorine, iodine, and bromine, participates in it. The investigation of the effects of these saline ingredients inhaled in the form of vapor will prove the propriety of the treatment afterwards to be specified and prescribed in this treatise.

In the best medical works on Therapeutics we find the vapors of chlorine and iodine recommended against serofulous glandular sufferings and the consequent tubercles in the lungs, without discriminating the cases themselves. Already in the beginning of this century a physician of Southern France ordered the inspiration of chlorine gas in phthisis ; England soon adopted the method. The chemist Gannal observed, in 1827, that laborers who suffer from respiratory difficulties, get remarkably better, when working at a bleaching establishment where chlorine is used. He, therefore, in cases of consumption, two or three times each day, and for a few minutes at a time, applied vapors of chlorine which developed themselves out of liquor chlori, with steam from water ; he used for that purpose a particular apparatus which is described and drawn in Chevalier's "L'État de préparer les Chlorures de Chaux, de Soude, et de Potasse, &c."—He asserts, that in some cases, he has observed an excellent effect from the methodical application of these vapors.

Cotterau is another enthusiastic admirer of this treatment of lung diseases. His apparatus, which differs somewhat from that of Gannal, is described and drawn in "Froriep's Notices." There are many who violently oppose the exhibition of vapors of chlorine, and declare their effect on the lungs to be too irritating ; yet all observations published by eminent phy-

sicians show, that chloric inhalations in lung diseases and similar affections have not generally proved themselves otherwise than very salubrious under certain circumstances, which, however, have not yet been sufficiently elucidated. It is true, that the effect of chloric vapors inhaled into the lungs during their general application in infectious and epidemic diseases, such as cholera, yellow-fever, &c., has been very pernicious, and that many a young life has been suddenly cut off by this disinfectant. But this very fact shows its importance as a specific. For, in proportion as it has been found dangerous in some cases, it has proved of decided advantage in others.

Schoenlein says, "In some forms of lung tubercles the inhalation of chloric vapors is very valuable, in others, iodized vapors." The investigations of this matter, interesting as they were, had scarcely commenced before they were renewed by observations of the favorable influence exerted upon lung-sufferers by breathing the air near salt-works.

A much more frequent and extensive application has been made of iodine and its various preparations, internally and in form of vapor, in cases of tubercular consumption of the windpipe and of the lungs. I will mention here Berthon, who was the author of "Inhalations and Fumigations of Iodine in Phthisis," Piorry, Scudamore, Morton, Huette, who applied an iodized ether for inhalations, and Chatroule, who prepared and recommended iodized cigars.

Bromine, the third essential constituent part of salt, according to careful observations, also makes a decided impression upon the respiratory organs. Hoernig, by his experiments on dogs, demonstrates how surprisingly and immediately the lungs are affected by it. Bromic vapors at once made the respiration difficult; a slight cough and nausea appeared; the dogs whined with a hoarse voice, and pulsation became quicker, &c. Death followed with some dogs in a few hours, under analogous symptoms, and the lungs were found to be very much inflamed, even in some places to the extent of hepatization, a degree of condensation which makes the air-cells of the lungs impenetrable to atmospheric air. If bromine was brought near the external openings of the respiratory organs, the same symptoms ensued, and death soon followed. Such a result was observed to be particularly the case with birds.

The *respiratorial* treatment of consumption has found in latter years more and more admirers among the authorities of the faculty, particularly in France and England. Among others I enumerate Scudamore, Cotterau, Hastings, Coxe, Corrigan, Harasced, Wilson, Thomas, Eliotson, and Chatroule, who, despairing of all other treatment, sought refuge in the atmospheric method of treating phthisis. They chiefly used either chlorine or

iodine in its various forms, and often with great success. The experiments of others with tar, naphtha, creosote, and similar medicaments, produced only negative results.

The application of the gases of chlorine and iodine alone will always remain a very precarious matter, since there are many consumptives whose irritability can not bear these vapors, even if they are most carefully prepared and exhibited. It is really astonishing, that men so justly celebrated have not long ago found, by continued investigation, that the vapors of chlorine, iodine, and bromine, act each alone too irritably upon the lungs, while they lose their injurious properties by their combination with sea-salt vapors such as nature herself provides. But more singular yet appears the fact that not one of them has used the exact stoichiometrical proportion of the elements of the natural sea air, to prepare *an artificial one.*

Laennec acknowledged the excellent effect of sea-air upon patients, by erecting in the hospital under his supervision a saloon, in which an *artificial sea-atmosphere* was produced by means of fresh sea-weed. He treated twelve individuals suffering from phthisis in this manner; the disease in every case soon remained *stationary, and did not progress*, while *with some the emaciation decreased, and the hectic fever disappeared*. But the difficulties which a constant supply of *fresh sea-weed* caused, prevented the continuation of these experiments (v. Maddoc & Hartmann.) Maddoc, when mentioning this treatment of Laennec's, at the same time, adds: "It is a great pity, that so great a pathologist as Laennec so entirely and unjustifiably overlooked the healing powers of iodine which is contained in the sea-weed."

Const. James, Durand-Fardel, Pouget (in his work "De Bains de Mer"), have in our days lauded the excellent effect of the sea air in pulmonary affections.

The oldest physicians, among them Celsus, have recommended sea-voyages for lung-sufferers. Physicians of Gibraltar sent their consumptives to Malta, and those of Malta theirs to Gibraltar; because they found the sea-air on the voyage beneficial to them. We read much of the injurious effects of long sea-voyages—scurvy, malignant fever, diarrhoea, difficulties in digestion, sufferings of liver and spleen, dropsy, &c.—but we never hear that consumption was combined with any of these evils. The statistical reports of Algiers prove, that on the African coasts not only a much smaller number of soldiers in proportion are affected with consumption, but that many lung sufferers sent from France to Algiers are restored to health. The same is said, under similar circumstances, of the marines of England.

Pouget, in his last work on sea-bathing, says, that sea-bathing, but more especially the sea atmosphere, has a most favorable influence in many cases of phthisis, in so far as these agents *prevent the disease, stay its progress, often, even when the inroads have already become serious, consolidate the restoration, and exclude a relapse.* Prof. Fleury in his lectures speaks highly of the *wholesome effect of the sea-air* on the respiratory organs. Dr. James affirms this, and adds: "Eaux-bonnes is every year the theatre of wonderful cures; they might even be more numerous, and probably not one victim would have to be regretted, if the beneficial effect of the water were not frequently sought only when it is already too late." Regarding nitrogen, Dr. Fischer has observed, that at Lippspringe not a single case of pulmonary haemorrhage has appeared, and that there nitrogen continually ascends to the surface of the water in myriads of little bubbles.

It is proper here also to mention *Ramadge's celebrated apparatus for inhalation*, which deserves the high encomium it has received, but which often requires, on the part of the patient, too much exertion to be generally applicable. It is clearly a great advantage for a patient to be able to move about, and occupy himself pleasantly while he inhales the air prepared and impregnated with the things most salubrious and proper.

"Jeffrey's Respirator" is constructed with the view of warming the air to be inhaled, and to prevent the irritation which cold air would necessarily produce in delicate lungs. It may be valuable under certain circumstances. The same may be said of "Nasse's Modified Air-Protector," in violent changes of the atmosphere.

THE TRUE REMEDY FOR THE PHYSIOLOGICAL DEFECTS OF CONSUMPTIVES.

Such a condition as that just described was the confused and unsatisfactory one in which medical science, as far as it related to the treatment of consumption, existed before the efforts of Dr. Lobethal reduced the chaos to order, and gave to the world, for the first time, a means of cure which, though none of its advocates claim to be infallible, is still the most sure and safe of any yet known.

Since the nature and progress of tubercular disease and the organic changes in the lungs in consequence of it are known, he felt it to be his duty to investigate carefully all those processes which exert either a destructive or a salutary and curative effect upon the sufferer. He did not share the unfortunate view entertained by the medical profession at large, as to the incurability of tubercular consumption, which has brought most

of the practitioners to the desperate conclusion that only a relief of the most disagreeable symptoms can ever be afforded by the exhibition of opium or morphine. He perceived that such treatment can only momentarily mitigate the tickling sensation in the respiratory organs, induce more rapid colliquations of the skin and of the intestinal canal, and hasten the death of the patient.

With a patience as wonderful as his remedy is simple, and with an instinctive perception of the proper requirements of consumptives, he traversed the whole domain of medicine, selecting the wheat from the chaff of the prescriptions of colleges and authorities, and verified his impressions by experiments, until his labors were crowned with success.

Lobethal early learned that every symptom is merely the expression of a diseased condition, and will cease to exist with the removal of the cause, while, if suppressed, it will merely change the locality of this expression to another important and delicate life-organ, and thereby shorten life; whereas this symptomatic expression as a restorative of Nature would, if not interfered with, afford relief to the patient.

He was also convinced that direct inhalations into the air-passages of air surcharged and vitiated by concentrated poisons are to be deprecated as injurious and destructive—these air-passages themselves being in reality only weak and not diseased, inasmuch as the softening of the tubercles between them has not destroyed them.

A guiding and prominent principle with him was, that the efforts of Nature in defending herself from disease should rather be aided than opposed; that she will prove herself perfect, and that she is responsible for what she produces in self defence. He had no doubt that she would satisfy all reasonable demands made upon her. Coughs and sweats, in his eyes, were viewed as auxiliary healers. He sought a remedy which would not suppress but assist the life powers in expelling the disease.

In pursuing his investigations, he soon perceived that all experiments in the treatment of developed tubercular diseases of the lungs exhibited the following requirements for a cure:

1. Only such agents as dissolve tubercles by a specific influence, and, at the same time, leave the body uninjured, should be administered.
2. As it is physiologically proved that the nature of tubercular disease consists in the slow decrease of the salt particles of the blood, the remedy applied should consist of such salts as are analogous to those necessary to healthy blood.

3. Since none of the natural and known salts possess the proper character, it is necessary that one to answer the purpose should be composed of different and suitable salts. This should constitute the internal or alimentary remedy.

4. Besides an internal remedy, a more or less salty and properly warmed, atmosphere, for shorter or longer daily inhalation, is essential ; partly in order to supersede, and, to some extent, remove, the great amount of oxygen which exists in the common atmosphere, which is so injurious to consumptive sufferers, and partly to introduce a more genial and appropriate air into the diseased lungs.

All of these requirements are perfectly answered by the use of the respiratory and alimentary remedies of Dr. Lobethal. His respiratory remedy is a perfect imitation of the sea-air of warmer climates ; and his alimentary remedy is supposed to be a chemical imitation of sea-water, with the addition of a substance believed to be organic, which is known only to Dr. Lobethal himself.

If to these two remedies there be added, a simple and cautious culture of the skin, a proper diet, and a derivative regulation of the circulation of the blood by washing and rubbing the extremities with pure water of a moderate temperature, there remains nothing further to prescribe to consumptives ; at most, little that has stood the tests to which all announced restoratives should be subjected.

LOBETHAL'S ATMOSPHERIC OR RESPIRATORY REMEDY.

After Dr. Lobethal had observed that experiments with atmospheric agencies more and more established the fact that inhalations of boiling sea-salts, either pure or with iodized vapors, or with chlorine, iodine, and bromine, mixed in the same proportions as they appear in the sea-air of warmer climates, are in most cases indispensable to the cure of lung diseases, it remained for him to decide whether home-treatment or treatment in an establishment with an artificial air, should be preferred to sending patients to the sea-shores of warmer climates or not.

To his mind the fact that many of those who visit the sea-shores of warmer zones, for the purpose of getting relief, do not return alive, forcibly proved the higher importance and necessity of preparing an artificial sea-air for the home-treatment of consumptives. Of this he was further convinced for the following reasons :

1st. The distance from home to the wholesome sea-coasts is too great for most patients.

2d. The very exertion requisite for the performance of a long journey, is often dangerous with an advanced lung-disease.

3d. The frequent changes of temperature and the storms on the sea-coasts interfere, in most cases, with the good effect of the sea-air, and often entirely destroy it.

4th. The production of *an artificial sea-air*, which can everywhere be had, does away with the above objections, and enables the patient, particularly during the colder seasons, to withdraw partially or entirely from the outer injurious atmosphere, and to live under the influence of another air, which acts upon the lungs, healing or at least strengthening.

5th. The presence and admixture of injurious exhalations from foreign substances—as from living and dead fish, molluscs, moss, weeds, ships, and all the abominations of maritime commerce—will be avoided by the inhaling of an artificial atmosphere, which, by a proper apparatus, can be kept in motion similar to the slow waving of the sea.

He now became engaged in the composition, warming, and application of a waving, artificial sea-air, in an establishment devoted exclusively to the treatment of bronchial and pulmonary diseases; and issued a work containing his views upon the subject. His work has been translated into different living languages, and his views have been deemed incontrovertible. Dr. Hirzel, of Zurich, established an institution in which patients were treated according to Lobethal's views, and the remedies in his hands were also most successful. An account of Hirzel's institution and treatment is to be found in Cannstadt's Jahresbericht, 1849. Professor Gorup-Besanez, in Erlangen, fully recognized the happy effects of this artificial sea-air, and designated the establishment of institutions in which it might be prepared, a most important desideratum. He favored their establishment in connection with the richer salt-springs, and particularly with that at Kreuznach.

In large establishments it is so arranged that patients can be engaged in light gymnastic exercises at the same time that they breathe the artificial sea-air. But before a proper air can be obtained, it is necessary first to provide a large quantity of artificial sea-water, which should correspond as nearly as possible to the water of the sea.

The chemical analysis of Marct and Laurens shows that the following ingredients are required : To 1.000 parts of common water add a dry mixture of 4 per cent. sea-salt, $\frac{1}{4}$ per cent. calcarea muriatia, the same quantity of natrum carbonicum, and 1 per cent. magnesia sulphurica. A careful and thorough combination of these substances with each other, forms the different salts we find in sea-water, which are partly insoluble. The relative proportions of iodine and bromine to be added, though of much importance in the sea-water, can not well be given, as they are so volatile that they escape analysis.

Dr. Lobethal keeps the above-mentioned salts (except the sea-salt) in air tight bottles, in the said proportions, to which he adds two ounces natr. carbonic., half a drachm kali hydriodic, and half as much kali hydriobromic acid, of which, according to circumstances, one or two tablespoonfuls are to be mixed with the artificial sea-water whenever it is to be used. In this manner we get a fluid which possesses all the properties of natural sea-water, not only in regard to color or taste, but also in regard to the fact that it does not freeze in a very cold temperature, nor spoil in great heat, no matter how long it may be permitted to stand.

A continuous slight motion of this water can easily be obtained, by letting it flow through a small fountain, in minute jets, which are to be kept playing by considerable pressure. The patients assemble in the room where this apparatus is prepared and participate in lively conversation or gentle exercise. To prevent much coughing, in consequence of talking, there must be in the room a salt pan, of which I will speak below. This treatment alone has given the most satisfactory results ; but it is somewhat expensive, and only applicable to those who can yet go out of doors.

Those who can not have access to a perfect arrangement, such as the above, either in consequence of too great a distance, or because they can not leave their rooms, may derive considerable benefit from the following proceedings : Put into an iron, porcelain, or well enamelled basin, a quantity of sea salt, pour over this four times its volume of fresh water, and evaporate it by slightly heating it with a spirit-lamp beneath the vessel, while the fluid in the basin is stirred up from time to time. This lamp should be so constructed that it will burn all night, for the purpose of keeping up the evaporation of the sea-salt. The patient may also inhale this evaporation during the day once or twice, from one to two hours each time ; but he must be careful not to expose himself immediately after its application (say within thirty minutes), to the influence of the external atmosphere ; raw and cold air, and violent winds, he should avoid entirely. The effect of these inhalations is very advantageous.

These observations are judged to be sufficiently explicit with respect to the preparation and application of the atmospheric remedy. A few important hints in regard to its applicability and inapplicability in given cases, and also to various modifications of ingredients, are reserved for the end of the pamphlet, and are inserted under the head of "Observations to Physicians."

THE ALIMENTARY REMEDY.

Together with his atmospheric treatment, Dr. Lobethal uses his celebrated *Essentia Antiphthisica*, which has attained an unparalleled European reputation in pulmonary diseases. The healing ingredient of this essence is unknown to any one except Dr. Lobethal himself. On account of his reticence in this respect, calumnies and opprobrious epithets have been heaped upon him by the inconsiderate and the envious, but his remedy meanwhile has been steadily gaining in professional and public favor, and it is without doubt destined to supplant every pretended specific for the cure of consumption, as it has within itself a virtue that humanity must appreciate, entirely independent of any false or real character that can be given to its discoverer.

Though we are not permitted to know all of its ingredients by their names, we know the value of the *Antiphthisica* by its fruits; and as long as they are more to be desired than those of any other medicaments whose names are known, the demand for it will not slacken, and none but the ignorant will turn from its use. The mere name neither kills nor cures, and whether Dr. Lobethal compounds his own medicine, and is always interested in having it compounded properly, or whether a thousand druggists, whose reputations are in no measure jeopardized by careless selection or mingling of drugs, compound it, is a matter in which consumptives are no further interested than that they wish and should obtain the very best medicinal preparation. So that they are cured, what need patients care if the man to whom they owe their cure meets with some return for his discovery. Does he not deserve remuneration?

Of the *Essentia Antiphthisica*, we have no full analysis, nor is it possible to obtain one, except through Dr. Lobethal, who heretofore has refused to give it. But by its effects in the hands of physicians of every school, we know it; and as conjecture would be useless, the proofs of its unexampled efficacy may at once be given.

The opinions and testimony of eminent physicians who have used the *Antiphthisica* will now be presented.

DR. HORNER'S TESTIMONY AND CASES.

The justly celebrated Dr. Horner, Superintending Physician of the Hospital in Gyongyos. Hungary, in the Medical Journal of Buchner and Nasser, says :

"Every one knows the fact, that Dr. Lobethal has recommended his *Essentia Antiphthisica* in tubercular consumption. He has in a clear and scientific manner expressed his views of this diseased condition. It is, therefore, for every individual to decide whether he will make use of it or not. I was, perhaps, the first physician who asked Dr. L. for the remedy. I had many opportunities of applying it. I will now publish the results of my experiments, which began on the 6th of July, 1844. All cases I mention below have been observed in the Hospital. In my private practice I have had a large number of others with the same cheering results."

1. Jos. Surgent, eighteen years old, tailor, had been formerly healthy, but about a year ago, he felt heaviness and pain in his chest; he soon began to cough. In the month of April, 1844, he took a severe cold, and the cough became violent. In May, he had haemorrhage, his strength began to fail, and the cough to increase more and more. He came into the hospital on the 10th of July. His face was pale, with circumscribed red spots on the cheeks; he suffered from shortness of breath, and a dry cough, day and night, while he felt stitches in one or the other side of his chest; he could lie only on his back. He had profuse night-sweats, little appetite, good stool, frequent but weak pulsation; muddy urine; he was much emaciated. On the 10th of July, he took the *Essentia Antiphthisica*, morning and evening, eight drops. No change on the 11th and 12th; on the 13th of July, three times, 5 drops each time; the cough and night-sweat ceased on the 14th, but the heaviness in his chest continued. The same doses were given, and on the 15th the breathing became easier; he slept well, and asked to be dismissed on the 19th of July. He has not since asked for admission.

2. Jos. Csintalan, fifty-four years old, formerly a soldier, now a day-laborer, with weak constitution, has suffered for a year almost continually from cough and other difficulties in the respiratory organs. During the last few months, he had hardly any intermission between the attacks, and expectorated copiously an ill-smelling, pus-like matter. The slightest exertion gave him great difficulty in breathing; he felt as if he should suffocate, was much emaciated; his pulse was empty and weak; his feet swollen; but he had neither diarrhoea, nor night-sweats; appetite was good. He was admitted on the 16th of January, 1845. He took the *Essentia Antiphthisica*, in the beginning, every three hours, three drops. On the 23d of January, morning and evening, five drops. On the 11th of February, considerably less cough. On the 26th of February, pain, cough, and expectoration entirely ceased. The remedy was continued, however, and the patient, on the 26th of March, was dismissed, to all appearance healthy.

3. Aloys Lica, sixty-four years old, shoemaker, a drunkard, came to the hospi-

tal with pleurisy, on the 25th of November, 1845. The inflammation was removed in the usual manner, on the 28th of November, but there remained a violent cough, with suspicious expectoration. *Essentia Antiphthisica*, morning and evening, five drops. Cough disappeared on the first of December.

4. John Rikowsky, twenty-six years old, laborer, was attacked on the 26th of November, 1845, by a gastric catarrhal fever. The fever and gastric sensitiveness disappeared on the 2d of December, but a most violent cough remained. *Essentia Antiphthisica*, five drops, morning and evening, cured him within a week.

5. Emerich Beeska, thirty-six years old, laborer, with a chronic cough, and a very severe pain in his lungs, expectorated copiously an ill-smelling, pus-like matter; breathing very short; admitted on the 11th of December, 1845, and dismissed, restored, on the 10th January, 1846. He took, morning and evening, five drops of the *Essentia Antiphthisica*.

6. Rosalia Niss, fourteen years old, of scrofulous constitution, had a cough ever since she remembered anything. During the last three months she coughed nearly incessantly, became emaciated, had night sweats, and expectorated copiously a pus-like matter; stool regular, appetite good. Admitted on the 31st of January, 1847. *Essentia Antiphthisica*, four times a day, five drops. On the 7th of February, a decided decrease of the bad symptoms. On the 27th of February, dismissed, restored.

7. Aloys Hoffman, forty-six years old, shoemaker, hunchbacked, with pale face, scrofulous, suffered for many years from periodically returning cough; general emaciation; feet swelling; continual diarrhoea; expectoration copious and matterly; breathing short; feverish, and sweats at night; sometimes violent stitches in his chest; and occasionally some blood-spitting. Eminent physicians pronounced him in the last stage of consumption. He was admitted on the 19th of May, 1848. *Essentia Antiphthisica*, five drops, three times a day. On the 12th of June all cough had ceased, but he suffered from difficulty in swallowing. The tonsils were very much inflamed; an enormous abscess formed, which broke on the 28th of June. Patient was dismissed on the 4th of July, perfectly well.

Dr. Horner adds to these cases, the following remarks:—

“ Many other cases of simple and chronic catarrh, of blood-spitting, and tubercular consumption, in which the *Essentia Antiphthisica* has shown its wonderful effects, prompt him to request his medical brethren to make as many experiments as possible with this invaluable remedy.”

MISCELLANEOUS TESTIMONY.

Prof. Georgi says, in a letter, dated London, August 12th, 1850, that “ He has been astonished at the effects of the *Essentia Antiphthisica*, which he saw Dr. Liedbeck applying in Stockholm.”

The *Illustrated Newspaper*, No. 386, Vol. XV., recommends the *Essentia Antiphthisica* highly.

Dr. Rosenberg, in his work on "Diseases of the Respiratory and Circulating Organs," (Vienna, 1850,) calls the *Essentia Antiphthisica*, "one of the most important remedies in consumption."

Dr. Horner says, in one of his official reports, (Jan 16th, 1852,) "During the last eight years, I have had many opportunities of making experiments with this remedy, (*Essentia Antiphthisica*), on numerous patients, and I can now conscientiously assert that *consumptives who were despaired of, have repeatedly recovered, and that they continue to enjoy excellent health.*"

The *Breslau Journal*, of July 25th, 1852, says: "Dr. Lobethal, with his treatment of consumption, has excited the deepest interest, and the King of Prussia, the Kings of Saxony and Belgium, the Queen of England, Prince Albert, the Grand Duke of Saxe-Weimar, and the Duke of Saxe-Meiningen, and others, have expressed their appreciation to the doctor in their own handwriting."

The King of Wurtemberg has ordered the Minister of the Interior to cause the Medical College to examine into the matter, and to report upon it.

The distinguished surgeon and accoucheur, Dr. Speer, says, in a letter to Dr. Lobethal, "The *Essentia Antiphthisica* you have sent me, has, in proper cases, produced a very good effect, and I beg you to send me some more. The happy result in some cases, daily increases the number of consumptive patients who consult me."

Prof. and Superintending Surgeon, Dr. G. Rapp, writing to Dr. Lobethal, says: "I have, with pleasure, read your articles in *Buchner's General Journal of Homœopathy*, and in the *Clinical Journal*, and have convinced myself, as Director of the Clinic in the University of Tübingen, that the remarkable effect of your *Essentia Antiphthisica* did not proceed from its salt composition, as the Viennese analysis asserts."

C. Schurer de Waldheim, in Vienna, says, in a letter to Dr. Lobethal, "After three repeated attacks of inflammation of my lungs, I suffered from a terrible cough, with blood-streaked expectoration; my breathing became short and difficult, and connected with a whistling noise. A lady of my acquaintance insisted on my trying your salt-drops. Within two weeks the expectoration ceased to show blood particles, the oppression decreased, and now, after three months, I might have been entirely well, if I had not interrupted the treatment for five weeks. I beg you for another bottle of the *Essentia Antiphthisica*."

Dr. Gabriel Bartok says: "I have seen a lady restored by your *Essentia*, and my brother has received the most decided benefit. I might men-

tion other cases. It is to be regretted, that some physicians refrain from the use of so valuable a remedy."

Surgeon and Accoucheur, Dr. Sales Buhl, says: "I have had opportunities of testing your *Essentia Antiphthisica* in four cases of consumption, with the greatest satisfaction. I regret that some physicians will not try it."

Dr. Horner, in the Medical Journal of Dr. Meyer, in Leipzig, describes the following case :

" Maria Csuts, 10 years old, an orphan, was brought by her relatives to the hospital, on the 15th of December, 1853, to save the funeral expenses, because they thought she could live only a few hours. The body was terribly emaciated, with distended abdomen, and swollen feet. She could not move, slept continually, and awoke only to cry for food, which she swallowed voraciously. She complained of burning thirst, had profuse diarrhoea; in the evening, violent fever; morning and night, cough with mattery expectorations. The patient was at once cleansed, and the nurse instructed to be as careful as possible. On the 18th of December, after she had rallied somewhat, she took Calc. carb., which made the abdomen softer, and moderated the diarrhoea and thirst. On the 6th of January, 1854, she could get up her appetite was more regular, she ate less hastily. The evening fever and cough, with much expectoration, continued. She then received five drops of the 'Essentia Antiphthisica Lobethalii' four times a day. The cough and expectoration began to abate; she became stronger, and was finally restored, and dismissed on the 18th of February, 1854."

Dr. Parsonow says, "The *Essentia Antiphthisica* has proved itself very successful in the lung-affection of Miss Holz in Born."

Prof. Dr. Rabe gives a most flattering account.

The apothecaries Dattenhofer and Scheftstick ask for a supply of *Essentia Antiphthisica*, "because it is regularly prescribed by physicians in lung-diseases."

In the Medical Journal of Dr. Hirschel, in Dresden, Vol. V., No. 1, it is mentioned, that "When, after inflammations of the lungs, the cough continues, and is combined with suspicious expectoration, no remedy acts as quickly and satisfactorily, as the *Essentia Antiphthisica Lobethalii*, 5, 8, or 10 drops in from 2 to 3 tablespoonfuls of water, four times a day."

The Royal Medical Director, Dr. Gebel, relates the following case :

"I have perceived in old, stubborn coughs, a most remarkably satisfactory effect of your *Essentia Antiphthisica*, and would ask for some more bottles of the same. A lady, 32 years of age, who had lost her mother and five sisters by consumption, had suffered frequently from cough since her eighteenth year, and expectorated suspicious matter. She had happily three children, but was very nervous and irrit-

able. I took her in my care three months ago, after her former physician had given her up. She was very weak, had night-sweats, and was so boarse that she could not speak to be understood. She had been treated for gastric difficulties on account of her want of appetite and coated tongue. I did not pay any attention to these symptoms, and directed my treatment to the cure of the principal suffering. I put wet compresses round her neck, had her rubbed off in the morning with a wet, tepid, linen sheet, applied during the day artificial sea-air, had some iodine with beef-marrow rubbed upon her chest and back, and ordered a nutritious and easily digestible diet. Twice a day I gave her four drops of the *Essentia Antiphthisica*. The result of this treatment was that fever and night-sweats disappeared; the patient slept four to five hours without cough or waking up; her strength wonderfully increased; she again takes pleasure in life, and is full of hopes to be perfectly restored."

Dr. IIorst, in Vienna, acknowledges "the great value of the *Essentia Antiphthisica* in tubercular consumption," and has introduced it into his practice.

Dr. Rhode, Superintending Physician of the Ornsund Hospital, in Helsingor, in Denimark, says: "Although I wish to make more experiments with the *Essentia Antiphthisica Lobethalii*, I must acknowledge that the remedy has proved itself of marked value in chronic eatarrhs; that it gives appetite, and that it wonderfully mitigates the cough in incipient tuberculosis with granular tubercles. It seems to be injurious when large caverns are already in the lungs."

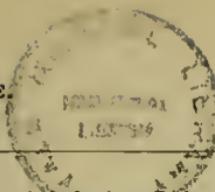
The above-mentioned Dr. Gebel writes on the 9th May, 1856: "I am more and more convinced that the *Essentia Antiphthisica Lobethalii* is the best known remedy against old chronic coughs and serofulous consumption. The lady of whom I have spoken before, is so far restored that she attends to all her domestic duties; she gains strength and flesh daily, her menstruation is again regular, but she has yet some slight cough, which I hope soon to remove."

Dr. W. Ritter says, that "Two patients, to whom I gave the *Essentia Antiphthisica Lobethalii* improved at once."

The Apothecary Frank, in Wurtemberg, wished a supply of the *Essentia Antiphthisica*, "because it is regularly prescribed by the most eminent physicians."

Dr. Gebel says, March 12th, 1857, "I have cured myself with the *Essentia Antiphthisica Lobethalii*, of a very obstinate cough;" and he promises an article in the Medical Journals on his satisfactory experiments with it.

Rothermel, at Arlon, *Membre de la Commission Medicale*, reports, May



30th, 1857, "The great effect of the *Essentia Antiphthisica Lobethalii* in consumption, has procured for it deserved confidence."

Dr. and Sir Gaebel, of Glogau, finds the *Essentia Antiphthisica Lobethalii* of wonderful power in curing old, stubborn coughs with much expectoration.

Dr. Hienerwadel praises the effect of the *Essentia Antiphthisica* in all cases where he considered it proper to apply it.

Dr. Goericke has prescribed the *Essentia Antiphthisica* with satisfactory results.

Dr. S. Lissaus says, "In many cases, in which I prescribed the *Essentia Antiphthisica*, it has had the most desirable effect."

The above are a few of the cases and authorities upon which the European reputation of the *Antiphthisica* rests. From a large number of American cures, we will select accounts of the following :

AMERICAN CASES.

Mr. Wm. Seyfried, of this city, having been exposed to camp-life in the Schleswig Holstein war, became considerably affected in the mucous membranes of the respiratory organs. After arriving at New York, while working as a jeweller, he inhaled much mercurial vapor. This caused asthmatic symptoms, oppression of the chest, and very severe spells of coughing, with a little expectoration. These spells attacked him regularly every six hours, and threatened pituitous consumption. He was recommended to take, morning and evening, a dose of five drops of the *Essentia Antiphthisica Lobethalii*, and was restored from his dangerous condition in about four weeks. Although he continues his occupation, and is only somewhat less exposed to mercurial vapor, he has remained well, with the exception of a cold which he caught from exposure, and to cure which he immediately asked for the *Antiphthisica*, and in two days the new difficulty had disappeared. He now washes his feet every evening with cold water, and is perfectly well.

Mrs. Jacob Leopold, a middle-aged lady, in Williamsburgh, had been suffering, more or less, for twenty years, from an affection of the lungs, which was founded upon tubercular deposits in them. She had consulted European and American physicians, and had come to the conclusion that she was incurable. Mr. Seyfried mentioned to her the wonderful effect which the *Essentia Antiphthisica* had upon him, and she asked for advice. Her symptoms certainly indicated the third stage of tubercular consumption. The expectoration, the occasional colliquations, night-sweats, diarrhoea, swelling of feet, and extreme emaciation, gave strong evidence of this fact. There was but little hope entertained that she could be benefited; but it was resolved to try the *Antiphthisica*, with a proper diet. Her cough, night-sweats, swelling, &c., disappeared; she gained in flesh and strength, and is able to attend to all her domestic duties. She took five drops, three times a day.

Mr. August Faust, a tailor, in Princeton, N. J., thirty-five years of age, had suf-

fered from a chronic bronchial affection many years, and, although he consulted many eminent physicians, had grown worse daily, so that when he commenced the use of the Antiphthisica, he was much emaciated, expectorated very offensive matter, which was often streaked with blood; had hectic fever, night-sweats, and tendency to diarrhoea. He took five drops three times a day, and after about eight weeks felt like a new man. He continues to enjoy good health.

Wm. Heeker, of N. Y., having worked in a wet cellar and slept in a damp basement for some months, contracted a very severe cold. The cough was incessant, though he had little expectoration, but usually blood-streaked; otherwise well nourished, but very weak. He took, morning and evening, eight drops of the *Essentia Antiphthisica*, and was perfectly restored in six days.

Mr. A. M., a wine-merchant in New York, very stout, suffered much from an asthmatic, dry cough, acquired by exposure in a damp place of business. The use of five drops of the *Essentia Antiphthisica*, twice daily, restored him perfectly in a few days.

Anton F****, a day-laborer and hard drinker, was afflicted for a long time with a daily increasing cough, which disabled him from work and weakened him so that he expected soon to die. In the beginning he took three drops three times a day, and increased the dose slowly to ten drops. Three months of the use of the drops and better diet have made a new and robust man out of him.

OBSERVATIONS TO PHYSICIANS.

Disdaining to work either upon the hopes or fears of the suffering, the publisher of this pamphlet makes his appeal directly to the scientifically and medically educated, relying upon their just appreciation of the remedial means herein set forth. As seriously as physicians regard the lives of those entrusted to their care, and as sacredly as they are pledged to use all proper means to save, they are expected to weigh the contents of these pages. If they are convinced that the method of Dr. Lobethal is worthy of their countenance, they will be aided in every possible way in acquiring such information as will enable them to treat with safety and success. Medical schools and divisions are nothing, and money is trash, when compared to the loftier demand of health to the infirm and ease to the afflicted. Physicians should not only know the truth, that the proposed remedy for phthisis is the most safe and sure that has ever been discovered, but candor demands that they should also be made aware that, even by its discoverer, every case is not deemed to be curable by the *Essentia Antiphthisica*. Therefore, after having given a few of the many testimonials of its great curative power, the duty remains for us to indicate the character of cases to which it is perfectly applicable, and the character of those to which it is not.

WHEN THE ESSENTIA IS APPLICABLE.

The *Essentia Antiphthisica* is indicated without necessary admixture with any other remedy,

I.—In every simple, catarrhal cough, be it newly acquired, or of long standing, if it is not accompanied by inflammatory symptoms.

II.—In inherited, or acquired tendencies to lung consumption, and in consumption itself. In every cough, originating from the slightest cause, which shows itself stubborn, if there exists shortness of breath and great irritability of the blood, and if the expectoration is more or less frequently blood-streaked. In all such cases, the remedy will not fail to answer the expectations of patients and physicians.

III.—In chronic accumulations of slime, particularly if they exist in persons who are disposed to tubercular difficulties, and if the patient suffers from it during the night and in the morning in connection with short breath and pains in the chest.

DIET AND DOSE.

Respecting the diet and exercise required during the use of the *Essentia Antiphthisica Lobethalii*, and also regarding the dose to be prescribed, the following rules ought to be observed :

I.—A patient, afflicted with a first attack of catarrh, must avoid any too violent exposure, the use of all exciting drinks, such as beer, coffee, wine, tea, all irritating condiments, and smoked and salted meats. He should drink fresh milk, whey, or water, and take 2, 3, or 4 times a day, five drops of the *Essentia Antiphthisica Lobethalii* in a small cupful of water. Stewed fruit is very advisable in these cases.

II.—As soon as a catarrh continues to exist longer than the usual seven days, particularly if the cough remains dry, if the expectoration is mixed with small grey or bluish knots or specks, if the pulsation is quickened in the evening, and if, after some straining in coughing, little streaks of blood are found in the phlegm, or some smaller or larger globules of bright, red, foamy blood in the expectoration, the transition of catarrh into tuberculous sufferings of the lungs must be suspected. Exercise in the open air without over-exertion, washing of the skin and extremities with fresh water, and proper diet, are of much value; but the use of the *Essentia Antiphthisica* will show its beneficial effect most decidedly in such cases. The patient should begin with five drops, twice a day, and gradually increase the dose to 10, 15, 20, and 25 drops, to be taken in milk, whey, or water. The diet ought to be of easy digestion; as, meats, milk, eggs, &c. Only in case of a serious hæmorrhage should the patient be confined to a low nourishing diet, and then only for the time being. Of course, then, all singing, smoking, talking, &c., must be avoided.

III.—In very long standing chronic catarrhs, with accumulations of slime, without the other symptoms of consumption, the *Essentia Antiphthisica* will prove itself a very successful remedy. Patients should begin to take five drops, three times a day, and very slowly increase this dose to 10, 15, and 20 drops. The longer the chronic affection has lasted, the longer will the remedy have to be used. The diet must be adapted to the individual condition of the patient.

Whey belongs to those dietetic means by which the strength of patients, who have been weakened by debilitating diseases, blood-spitting, or lung tubercles, is easiest re-established; and, on that account, it seems proper, that a few words about it should be added here. For such pur-

poses it must be sweet and newly prepared for immediate use by rennet, and the following observations will be found very important:

I.—If, in the first week or two of its use, whey produces eructations, swelling of the stomach, and constipation, its influence will afterwards show itself to be more favorable than when an inclination to diarrhoea appears in patients already debilitated. In the latter case, the diarrhoea increases, and whey becomes injurious.

II.—Individuals of dark complexion and lean body, with choleric temperament, generally experience a less favorable effect from the use of whey, than pale, blonde, or red-haired persons, with white skin.

III.—Patients should daily use one or two pints of whey, but not longer than from four to six weeks. Its use should then be interrupted for a shorter or longer period.

IV.—In haemorrhages of tuberculous patients, whey should be used exclusively for some days

V.—Fluids containing carbonates are very injurious to tuberculous patients, but such as suffer from chronic catarrhs or blennorrhœa, may drink whey mixed with Selter's water.

WHEN INAPPLICABLE.

The indications against the use of the *Essentia Antiphthisica Lobethalii* are:

I.—Continuous diarrhoea.

II.—Inflammations of every kind.

III.—Lung-diseases, which are founded on nervous sufferings, and exhausting diseases in general.

IV.—Colliquations of every kind.

V.—Coughs, caused by asthma or organic heart-difficulties, can not be removed by the use of the *Essentia Antiphthisica*.

Notwithstanding the restriction to only a part of lung-sufferers, the field for the use of the atmospheric remedies is very large, inasmuch as tubercular lung diseases are daily becoming more numerous.

MISCELLANEOUS EXPERIENCES.

There are other facts having a bearing upon the management of pulmonary cases which may be elicited from the experiences of Lobethal and others, which are commended to the attention of all who attempt the cure of disease by the use of the *Essentia Antiphthisea* in connection with atmospheric remedies. It should be borne in mind that there is a great difference between the effect of warm sea-salt vapors, and that of the sea-air developed by fountain-like motions of the sea water (artificial waves). For patients, who are subject to haemorrhages from the lungs, the inhalation of artificial sea-air is decidedly of more advantage than warm sea-salt vapors, while these latter are of the greatest benefit to those who suffer from an inclination to a dry cough, caused by the presence of crude tubercles in the lungs.

The single elements which help to compose the sea air, as before shown, have a specific relation to tubercular diseases of the lungs. When applied separately, however, to the lung-surface they act more as poisons than as valuable remedies. But when intimately mingled with each other, and also when combined with other substances, they lose their injurious character, and represent a product, in which only the beneficial effects against the affected organs stand forth. The same is the case with our common atmosphere. The smallest variation in the proportion in which hydrogen or carbon is mixed with our usual atmosphere, makes its impression milder or heavier. For instance, the usual atmosphere, for a patient suffering from irritability of the lungs and their passages, needs to be only somewhat richer in hydrogen to become at once pleasant to him, soothing to his respiration, and even healing in oppression and pain; while, on the other hand, a greater want of hydrogen produces feelings of oppression in the chest, dryness in the wind-pipe, and even blood spitting.

The difference between the influence of nitrogen and that of hydrogen upon lung-diseased patients may be explained in this way. A physician desirous of removing the very nature of tuberculosis and tubercular consumption will certainly apply those remedies with better success which, by themselves, and still more in their combination with hydrogen, exert a physiologically specific influence upon the process of decomposition in the blood, which we call tuberculosis, viz: excretion of the albumen from the blood, and its deposition as tubercular matter. An atmosphere, therefore, which contains the natural combination of the salt with muriate of lime, iodine, chlorine, and bromine, is certainly the best adapted to the perfect cure of one suffering from these evils. But if he wishes to guard against the concomitants and partial consequences of tubercular disease; against

oppression of the chest; against blood spitting as a consequence of the irritating effect of the usual atmosphere on the diseased organs, physiologically, nitrogen will answer his purpose best. It is a remedy which will more quickly check the local process of decomposition, by emptying the larger and smaller caverns.

The exhibition of both these atmospheres in lung-diseases, shows nearly the same relations that vegetable has to animal diet in regard to the human organism. Experience has shown, and the principles of our present organic chemistry have proved, that human beings can exist by the predominating use of carbonaceous victuals, viz.: vegetables, fruit, potatoes, &c.; even fat can be deposited; but, when we wish to strengthen the organic textures, when some debility of the body must be removed, or when the strength of the organism is more taxed and more quickly absorbed in colder seasons by unfriendly, rough weather, or by great bodily exertion, nitrogenous nourishment is wanted; as, meat, eggs, milk, &c.

To prove the extreme irritability of diseased lungs, it is only necessary to refer to the following circumstances: If in the remotest corner of the room where a patient is, a sulphur match is lighted, it will produce more or less unpleasant sensations and cough. The unextinguished snuff of a candle or of an oil-lamp, or entering a room where shortly before some one has smoked, affects him much; every change in the atmosphere exercises its decided influence. Lobethal has observed that the most minute dose of iodine mixed with water, and then inhaled by a lung-sufferer, would increase his cough. Every one knows that even a healthy individual is strained more by inhaling atmospheres through a funnel or pipe, no matter how convenient and simple the apparatus may be constructed, than when he can move about and inhale the atmosphere surrounding him; it will also be easily understood that it must be infinitely advantageous for a patient to be in an atmosphere filled with the appropriate remedies and evenly warmed.

As to the difference, which the simple evaporation of sea salt, or the whole atmospheric agent of the sea-air, exert in their influence upon diseased respiratory organs. I may say, that the exhibition of *warm vapors* is better adapted to the irritated, so-called florid condition, with frequent recurrence of pains in the chest and blood-streaked expectorations, than the sea-air inhalation, which is used at a lower temperature. Many lung-sufferers even feel relief from the mere inhalation of simple water-vapors; and Dr. Lobethal, whose extensive practice in this special disease gives him so many opportunities for observation, says, that sea-salt vapors have always been beneficial in cases of continual desire to cough, and in oppression of the chest. And it is an acknowledged fact, that people suffering

from chronic catarrh, when they get at work for some time at salt-boiling establishments, soon feel a decided improvement in their condition.

It scarcely need be mentioned, that patients, whilst under the influence of warm inhalations, must be kept from cold and stormy air, until they are restored. The sojourn in Italy, Cuba, Florida, &c., has only some value, in so far as the climate is more even. These warm sea-air vapors are counter-indicated only in cases of decided plethora, and those of a tendency to lung hemorrhage (*haemorrhagia-apoplexia pulmonum*), which may often take place, according to the latest observations, (Gendrin *Gaz. des Hopitaux*, 1852, Nos. 13, 19,) in other diseases of the lungs and in diseases of the heart; while haemoptoe in tuberculosis forms itself by the impermeability of the blood-vessels in the neighborhood of the tubercular deposit, and the consequent over-filling and bursting of the neighboring blood-vessels. Dr. Lobethal has observed, however, that in expectoration streaked with blood, the use of the warm sea-salt vapors is perfectly safe, because such an expectoration, mixed with small particles of blood, originates not in congestions, which might make us fear a hemorrhage. The continuous use of the salt-vapors, on the contrary, assists in producing a freer circulation in the neighborhood of the tubercles. They remove the occasional stiches felt in the chest, and the admixture of blood in the expectoration. They may even be inhaled directly by means of a long pipe.

It may be mentioned here, that this slight admixture streaked with blood, which frequently does not appear in obstinate catarrhs, indicates more than copious expectoration of blood, a tendency to tubercular consumption.

Dr. Lobethal, in cases in which the expectoration is of a very bad color and emaciation quickly progresses, adds iodine to the salt-vapor. The effect of these vapors upon the diseased organs of the chest, shows itself in an increased and easier secretion, and in the ability to breathe more fully and deeply; the patient gets stronger, generally attains a very good appetite, and sleeps well. With the invigoration of the nutritive organs, the night-sweats naturally cease; and thus we have one of those agencies, which, in connection with others, will certainly save hundreds of those who daily fall victims to this terrible destroyer of life.

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1. Age, growth, carriage of body, form and size of chest, color of eyes, hair, and cheeks.
2. Preceding diseases and their consequences, diseased tendencies of parents.
3. The beginning of the present disease in regard to time, cause, and symptoms.
4. Progress of the disease, pain, haemorrhage or blood-streaked expectoration—when and how often; kind of expectoration as regards color, consistency, smell, taste; the quantity expelled in 24 hours; effect of posture upon it.
5. Cough; severity and frequency; period of occurrence; exciting causes; accompanied or not by expectoration, pain, vomiting, sweating, exhaustion, &c.; effect of posture upon it.
6. Respiration impeded and when; effect of posture upon it; also of speech, meals, and exertion of mind and body.
7. Strength of body; extent of sweats; emaciation, and where principally; inclination to thin stools or constipation; evening swelling of the ankle; condition of menstruation; leucorrhœa present or not.
8. Appetite and digestion; tongue dry and very red; much thirst.
9. Whether fever or heat appears, and when; condition of urine and stools.

The dose of the Antiphthumica varies from 3 to 15 drops, in a cupful of water, from 2 to 4 times daily. When taken twice daily, it should be administered on rising in the morning and on retiring at night. The other times at which it is best to be taken are 10 o'clock A.M., and 4 o'clock P.M.

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